

## News Briefs

### Quarterly awards luncheon

The 52nd FW Quarterly Awards luncheon takes place Jan. 26 at 11:30 a.m. in the Club Eifel ballroom. Tickets are available for purchase from unit first sergeants through Jan. 19. Call Tech. Sgt. Dave Walpole at 452-6378 for details.

### Year-end pay, tax statements

Military servicemembers, military retirees and annuitants, and federal civilian employees paid by the Defense Finance and Accounting Service can expect to receive their 2005 tax statements now through the end of January. Visit <https://mypay.dfas.mil> for more information.

### Testing cycle update

The technical and master sergeant testing cycle is Feb. 15 to March 31; however, to provide relief to eligible staff and technical sergeants deploying on lengthy temporary duties, testing may be available for E-6 and E-7 earlier than the 10-duty-day window outlined in AFI 36-2605, Air Force Military Personnel Testing Program. Military testing offices are expected to receive E-6 and E-7 test booklets in early January. Eligible staff and technical sergeants may request in writing to test as soon as the booklets arrive, and military testing offices must make every effort to accommodate the request. The request for early testing must be endorsed by the member's commander. Call the 52nd Mission Support Squadron Promotions and Testing Office at 452-6344 for more information.

### Christmas tree disposal

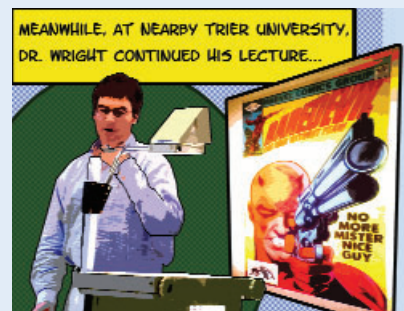
Christmas trees must be taken to either the Spangdahlem AB or Bitburg Annex Base Recycling Centers for disposal. All items must be removed from the tree (lights, ribbons, tinsel, etc). Do not set discarded trees out on the sidewalk or beside the refuse enclosures as they will not be picked up from there. For excess refuse and paper, there will be containers available at the base recycling centers for these items. Call the 52nd Civil Engineer Squadron service contracts at 452-6183 for questions.

### EQUAL listing available Tuesday

The Enlisted Quarterly Assignment Listing for Airmen returning from overseas -- and continental U.S. mandatory movers for May through July -- requirements will be available Tuesday. Airmen need to work through their military personnel flights or commander's support staff to update their preferences. Airmen must update assignment preferences by Jan. 26. If selected, they will receive notification no later than Feb. 15. To view the lists, Airmen can go online to [www.afpc.randolph.af.mil](http://www.afpc.randolph.af.mil) and then log into the Assignment Management System, or visit their MPF.

### Commander's calls

The 52nd FW commander's calls for E-1 through E-4 Airmen take place in the Spangdahlem AB Theater Tuesday from 7:30-8:30 a.m., 10:30-11:30 a.m. and 3-4 p.m. All Saber Airmen must attend one of these calls unless fulfilling mission requirements as determined by group commanders.



### Gadzooks!

Read "UMUC professor shares American pop culture topics with German students" on Page 2.

# Eifel Times

Vol. 40, Issue 1

Spangdahlem Air Base, Germany

[www.spangdahlem.af.mil](http://www.spangdahlem.af.mil)

Jan. 6, 2006



Tech. Sgt. Andrew Rodier

### SECAF visits Spang

Secretary Of The Air Force Michael W. Wynne spoke to more than 1,500 Sabers and answered their questions about combat roles, extending Air Expeditionary Force tours, joint enlisted professional military education and force shaping, during his European tour of U.S. bases Dec. 22. See more photos from his visit on Page 2.

## Air Force declares F-22A operational

**LANGLEY AIR FORCE BASE, Va.** - The Air Force's most advanced weapon system is ready for combat, Air Force officials here announced Dec. 16.

In reaching initial operational capability, the F-22A Raptor has been certified ready for employment.

Declaring the transformational fighter IOC means the Raptor's proven capabilities are now available for use in combat around the globe and are supported by a properly trained and equipped force. It also means the aircraft is qualified to perform homeland defense missions when required. In the words of Gen. Ronald E. Keys, Air Combat Command commander, "If we go to war tomorrow, the Raptor will go with us."

"F-22A IOC means our warfighters now have an unprecedented lethal mix of air-to-air and air-to-ground capabilities at their disposal," General Keys said. "The Raptor's cutting-edge technology brings us continued joint air dominance despite advancing enemy threats."

Reaching the IOC milestone culminates a collaborative effort between Air Force organizations and the service's industry partners over the past 25 years. The road to IOC included the F-22A System Program Office turning Air Force requirements into a successful acquisition program; developmental flight test and evaluation, simulation and ground testing at Edwards AFB, Calif., and

Eglin AFB, Fla.; engine testing at Arnold AFB, Tenn.; missile testing at Holloman AFB, N.M., and over the Pacific Test Range; tactics development at Nellis AFB, Nev.; pilot and maintenance training at Tyndall AFB, Fla.; and deployability here.

"The F-22A fulfills a long quest to bring fifth-generation capabilities of stealth, supercruise and precision to the warfighter today and 30 years from today," General Keys said. "Now that we have met our first promised milestone of a fully capable, multimission platform ready for combat, we are already focused on furthering our integrated tactics development, refining our deployability, and growing and training our force. To add to what we learned on our successful first operational deployment to the Utah Test and Training Range to drop (joint direct attack munitions), fly against double-digit (surface-to-air missiles) at Nellis, and work (close air support) with F-16 FAC-As, we will conduct our first routine peacetime exercise deployment by taking 12 Raptors to Alaska in June for Northern Edge."

Designed to ensure America's air dominance for years to come, the F-22A will ensure U.S. joint forces' freedom from attack and freedom to attack, even as adversaries continue to advance their weapons and technologies.

See F-22, on Page 2

## Wing bids farewell to Wests, welcomes Berghoffs

**By Col. Dave Goldfein**  
52nd Fighter Wing commander

Welcome back Sabers! Dawn and I hope you had a well-deserved break over the holiday to enjoy family, friends, and the local area. What a perfect culmination to an outstanding year to have our new Secretary of the Air Force and U.S. Air Forces in Europe commander make their first visits to the Eifel. Many thanks to all involved who made the visit a resounding success!

With a new year comes inevitable change. I am proud to announce that our own Col. Scott D. West has been selected to command the 27th Fighter Wing at Cannon Air Force Base, NM. In an officer's career, wing command is the absolute toughest cut to make. To put it in

perspective, this year only 10 officers in our entire Air Force were selected to command fighter wings. It comes as no surprise that Col. West has been selected for this honor. From the day he and Jane arrived (on the same day we opened our new Club Eifel), they have put their fingerprints on every success we have shared.

The Saber team has been truly blessed with their leadership and passion. Cannon AFB is going to rock and roll under their steady hand.

Replacing the Wests will be Col. Tom



Col. Scott D. West

Berghoff and his wife Liana, no strangers to the Saber team. The Berghoffs bring lots of energy and experience to the fight and I know the transition will be absolutely seamless. Congratulations Tom and Liana and welcome to the Saber 2 position.

As we begin this new year, we have lots of exciting programs and plans to continually improve our ability to be constantly ready to project superior combat power.

See you at Happy Hour tonight -- 5:20 p.m. standard. Come by and congratulate the Wests and the Berghoffs.



Col. Tom Berghoff

# RESCON Watch

## BRAVO

1-2 DUIs in the Last 30 Days

Days since last DUI: **13**

Rank of last DUI: senior airman  
Squadron of last DUI: 52nd CMS

Large unit with best record: 52nd Communications Squadron, 363 days  
Small units with best record: 52nd Medical Support Squadron, 52nd Dental Squadron and 52nd Contracting Squadron: No DUIs

Data Courtesy of the 52nd SFS

When going out, have a plan or call Airmen Against Drunk Driving at 06565-61-2233.

Stop by Club Eifel to say goodbye to the Wests at their Farewell Dinner Jan. 20 at 6 p.m.

more details to follow



## SECAF, COMUSAFE visit Sabers

Airman 1st Class Elenita Parra, 23rd Aircraft Maintenance Unit F-16 weapons loader, asks Secretary Wynne, "Why is joint Professional Military Education important and are there other joint opportunities coming our way?" Secretary Wynne spoke to more than 1,500 Sabers during his Dec. 22 visit.



Tech. Sgt. Andrew Rodier



Secretary Wynne visits F-16 pilots from the 22nd Fighter Squadron prior to flying a formation sortie in the F-16 simulator.

Airman 1st Class Josie Kemp



Col. Dave Goldfein, 52nd FW commander, center, and Col. Scott West, 52nd Fighter Wing vice commander, greet Secretary Of The Air Force Michael W. Wynne upon his arrival here, as Gen. William T. Hobbins, U.S. Air Forces in Europe commander, exits the plane.

Senior Airman Eydie Sakura

## UMUC professor shares American pop culture topics with German students; Trier University, Spang education center arrange symbolic, academic partnership for new learning experience

Story and photo by Capt. Michael Cumberworth  
52nd Fighter Wing Public Affairs Office

Look! Up in the sky! It's a bird, it's a plane, it's ... an American college professor talking to German students about Spiderman?

A bizarre combination and perhaps not a typical subject covered at the University of Trier, but what better way to share American pop culture and history with German youth than to exchange ideas with Americans living here in the Eifel.

Dr. Brad Wright, a University of Maryland University College professor at Spangdahlem Air Base, recently spoke on "Why Spiderman Matters" and comic books as icons of U.S. cultural history in a class at the Trier University Center for American Studies. His talk was a symbolic faculty exchange arranged between the university and the Spangdahlem AB education center.

"It's an exciting opportunity, getting to teach at a German university," Dr. Wright said before a lecture covering everything from the origins of Superman as a working class hero in depression-era America, to modern youth "pop" culture becoming synonymous with culture and the image of the United States abroad. "Comic books are cultural history and can be an important cultural teaching tool," he said.

Author of "Comic Book Nation: The Transformation of Youth Culture in America," Dr. Wright's collection of vintage comics addressing such issues as war, racism and social



Dr. Brad Wright, University of Maryland University College professor here teaches about "pop" culture in America to college students at the University of Trier.

class in U.S. society helped shape discussion in the class about topics like American and overseas perceptions of the current war on terrorism.

"I just came for the guest lecture because the subject interested me," said Nina Olligschlaeger, a Trier university

student. "I started reading comics in the 90s, and like their connection to politics of the day."

The usual eleven-student undergraduate seminar hosted a total of 23 students for the guest lecture. Dr. Gerd Hurm, acting chair of the American Studies center, noted that although this lecture was just a symbolic first step, the center is interested in creating more opportunities for interaction between the university and the base.

"We are interested in an exchange of ideas and cultural goods, not just other goods," Dr. Hurm said. He said the center welcomed the chance to use global resources available on a local level, like Americans living in the local area, to improve the U.S. studies program there. "If we have resources [like Dr. Wright] why not use them?"

Due to funding and legal requirements, several details need to be worked out before a putting a more formal arrangement in place, but both sides are open to future exchanges.

"There are on-base faculty members with expertise in American history, theater, and literature that can make contributions at the University of Trier," said Mr. Donald Weitz, base education services officer. "I think more exchanges like the one that Dr. Wright initiated are what will eventually lead to an academic partnership between the university and the base."

## F-22

Continued from Page 1



Tech. Sgt. Ben Bloker

LANGLEY AIR FORCE BASE, Va. -- Crew chief Staff Sgt. Adam Murtishaw guides an F-22A Raptor into its parking space after a Dec. 14 mission. The 27th Fighter Squadron earned initial operating capability today, which means the stealth jet is combat ready. Sergeant Murtishaw is with the 27th Aircraft Maintenance Unit.

"As I told (Air Force Chief of Staff) Gen. (T. Michael) Moseley, he and I have spent our lifetime executing, instructing, and providing air dominance for the joint force.

Lamentably, we have never been privileged to hold a weapon like this in our hands. After reviewing our test results, seeing our operational deployment performance, and talking to the pilots that will go to war with it, I am confident that the F-22A joins the combat force at a far more mature and capable level than any of our previous great aircraft, and will take its rightful place in a long line of U.S. Air Force legends of the air," General Keys said.

The first combat-ready Raptors are assigned to the 27th Fighter Squadron, one of three squadrons assigned to the 1st Fighter Wing here.

The squadron's current combat deployment capability with the F-22A is a 12-ship package designed to execute air-to-air and air-to-ground missions.

## Plane and simple



1st Lt. Lori Begley

Members from the 52nd Maintenance Group remove the F-86 aircraft display from outside Bitburg High School on the Bitburg Annex Dec. 17. The plane is currently being dismantled and repaired, and will be remounted on Spangdahlem Air Base.





Courtesy photo

## Top Saber Performer

**Name:** Tech. Sgt. Wesley Housel  
**Unit:** 81st Fighter Squadron  
**Duty title:** Assistant NCOIC, Life Support  
**Hometown:** Phoenix, Az.  
**Years in Service:** 19  
**Nominee's contributions to 52nd Fighter Wing mission success:** Received "Excellent" ratings on Vehicle Maintenance and Flightline Driving Program

Inspections; Continually works with contractors on renovations and changes in the new \$1.5 million dollar building. Housel led the charge as the NCOIC for the ORI and helped Life Support receive an IG Award of excellence.

**Off-duty volunteerism and professional development pursuits:** Children's soccer coach, teaches Children's Church and Tier II President.

**What do you do for fun? Or, What's a fun thing you've done lately?**

Coach the Spangdahlem 13-15 year old soccer team, grape picking with squadron, and touring the Eifel Region.

**What do you like most about being stationed here?**

The location, generosity of the German people, and the relaxed family weekends.

**What's one thing you'd like to see changed or improved at Spangdahlem AB?**

Supervisors to provide more opportunities for their troops to attend the ADAC driving course held every Thursday. I would also like to see more staff and technical sergeants involved with the TIER II club.



Senior Airman Amaani Lyle

## Operation Warm Heart

Spangdahlem Air Base first sergeants Master Sgts. Art Heller and Arthur Perez and Senior Master Sgt. Ron Manning, hold a check representing a donation made by Burch and Audrey Alford in support of Operation Warm Heart. Mr. and Mrs. Alford's son, Senior Airman Tim Alford, 52nd Civil Engineer Squadron firefighter, passed away in a vehicle accident in August. Nearly \$7,000 was raised for and split between the families of the late Airman 1st Class Erik Salazar, 52nd CES firefighter, and the Alfords, who returned a portion of the proceeds back to the Spangdahlem AB community. A joint venture of the 52nd Fighter Wing Chaplains and the 52nd FW First Sergeants Council, OWH is a way for members of the Spangdahlem AB community to help their own through individual donations, private organization donations and designated chapel offerings. OWH offers aid year-round in the form of commissary goods or cash donations for families in need of holiday or emergency financial assistance. This year, collection efforts at the Spangdahlem AB and Bitburg Annex base exchanges and commissaries resulted in contributions of more than \$5,300. These contributions as well as organizations such as the Eifel Filipino-American Association (who, with members Staff Sgt. Brian Meeker, Airman 1st Class Vongraly Kohjaramentharn and association president Master Sgt. Roland Santiano, donated \$500) enabled OWH to give nearly \$10,000 to eligible Spangdahlem AB and Bitburg Annex military families.

## Operation On-Air

Play a dedication to your deployed loved one on 105.1 FM.

E-mail song requests and your special messages to  
[Det9.BGOR@spangdahlem.af.mil](mailto:Det9.BGOR@spangdahlem.af.mil).

## Eifel Salutes

### 52nd Operations Group

The need for speed helped **Capt. Kevin Lord**, **1st Lt. Mike McCarthy** and crew chiefs **Senior Airmen John Baptista** and **Jorge Villaseñor** set a new 23rd Fighter Squadron alert scramble record. The jets launched from Siauliai Air Base, Lithuania less than four minutes after the scramble alarm. There was nothing scrambled about **Staff Sgt. Geoffrey Lamson's** precision weather forecasts, which helped the 23rd EFS avoid any weather-related incidents or diverts while deployed in support of the NATO air policing mission. A final salute goes to **Maj. Chad Miller** and his wife **Stacie** for organizing an awesome 23rd FS holiday party.

### 52nd Mission Support Group

No H-O-R-S-E play New Year's Day thanks to **Mr. Ed Marshall**, who organized a USAFE-sponsored Project CHEER three-on-three basketball tournament at the fitness center. Kudos to **Airman Rachel Weinberg** for helping raise more than \$15K for the Combined Federal Campaign as the Civil Engineer Squadron rep, and for assisting with a congressional visit.

### 52nd Medical Group

Kudos to **Master Sgt. John Zgonina** and **Tech. Sgt. Tracy Williams** for providing the life-saving ABCs of SABC to more than 200 fellow Sabers during the recent Phase II exercise. We also offer a holly, jolly salute to **Staff Sgt. Mandi Wichman**, **Mrs. Cindy Davis**, and the Aerospace Medicine Squadron morale committee for organizing a fabulous holiday party.

### 52nd Maintenance Group

Kudos to **Staff Sgt. Joshua Stoll** and **Senior Airman Zachary Marquis**, who earned

"Outstanding Performer" nods after flawless evaluations during a recent Logistics Standardization Evaluation Team inspection. **Senior Airman Autumn Hartpence**, **Airman 1st Class James Kennett** and **Airman 1st Class Chris Craven** also deserve a pat on the back for error-free inspections by the team. A big salute to the deployed men and women of the **23rd Aircraft Maintenance Unit** for helping launch more than 140 alert training sorties in support of NATO air policing over the Baltics, and for helping brighten the holidays by donating clothing and toys to local orphanages.

### 38th Munitions Maintenance Group

**Senior Airman Danielle Williams** deserves to relax after working overtime to prep for the grand opening of the renovated Volkel Recreation Lounge. Kudos to **Tech. Sgt. Daniela Mewes** for organizing special training for Munitions Support Squadron finance offices to ensure consistent training across the group.

### CDC Standouts

The following individuals scored 90 percent or better on their Career Development Course examinations:

*52nd Aircraft Maintenance Squadron:*

**Senior Airmen Eric Badarick**, 91; **Steve Zarecki**, 93; **Airmen 1st Class Gregory Gilbert**, 93; **Drew Hamann**, 97; **Angela Landayan**, 94; **Anthony Melvin**, 90; and **Stefan Zapata**, 90

*606th Air Control Squadron:*

**Airman 1st Class Daniel Beurer**, 92

*Kudos to you all; Team Eifel salutes you!*

(Compiled by Capt. Michael Cumberworth, 52nd Fighter Wing Public Affairs Office)



Courtesy photo

## Top Saber Team

**Unit name:** 81st Fighter Squadron Aircrew Life Support Shop

**A brief description of unit responsibilities:** The Life Support shop provides safe, reliable flying equipment to 41 assigned and attached A/OA-10 pilots.

**Number of members:** Six -- Master Sgt. Renea Crawford, Tech. Sgt. Wesley Housel, Staff Sgts.(S) Tracey Ballard and Sedrick Evan, Senior Airman Christian Lewis and Airman 1st Class Michael Wilson

**How does the team fit into the 52nd Fighter Wing's mission?** The Life Support team is responsible for proving helmets, oxygen masks, survival vests, restraint harnesses, Anti-G suits, Anti-exposure suits and a host of other items to A-10 pilots. In addition, the team provides aircrew chemical defense ensembles to all assigned pilots. The team also assists the base survival instructors with combat and water survival training assuring aircrew know how to survive during and after an aircraft ejection. Life Support also provides encrypted radios to pilots who perform combat search and rescue missions as well as act as "downed" aircrew for this critical training. Members volunteer throughout the community to include Dorm 134 president, Operations Group, Top 3, 52nd Fighter Wing Top 3, Tier II and JAM!. Members also participated in the Spangdahlem Middle School Field Day and are PTSA members.

**Team's other contributions through the year?** The Panther Life Support team was voted the "Life Support Shop of the year for 2003 and 2004. In addition, they played a huge part in the entire 52FW Life Support community, receiving the Inspector General's Award of excellence during the 2005 USAFE Operation Readiness Inspection. Members also assisted with the POW/MIA ceremony during this year's Air Force Ball.



# USAREUR issues local German plates for POVs

By Senior Airman Eydie Sakura  
52nd Fighter Wing Public Affairs Office

U.S. Forces in Germany will issue and phase in German license plates to U.S. Forces servicemembers, Department of Defense employees and civilians' privately owned vehicles early this year.

Currently, all vehicles registered to Americans working in Germany have the "AD" prefix and the NATO insignia on the long European license plates. American-made vehicles have the smaller plates with "HK" identifying them as U.S. citizens. These distinctions will change in coming months, and people can obtain the new plates while renewing their registration for one additional 12-month period.

The local German plates will be issued for the Spangdahlem community through the Bitburg vehicle registration authority.

"The reason behind the change is to enhance anti-terrorism and (force protection)," said Master Sgt. James Bush, 52nd Security Forces Squadron vehicle registration section chief. "The plates will have a local prefix and they will help us blend our POVs into the local surroundings. We will only be allowed to issue the short plates when long plates won't fit the vehicle."

Blending in to the local surroundings and keeping a low profile are key to practicing good operational security.

Tech. Sgt. Lorenzo Javier, 52nd Fighter Wing's anti-terrorism NCO, says that having the new license plates will not change the way the wing conducts anti-terrorism, but it will help Team Eifel members blend more with their surroundings when traveling off base and to other countries in Europe.

"We as U.S. Armed Forces members are still easily identified to some degree with our U.S.-made vehicles and the way we present ourselves," he said. "This will always make us

potential targets to terrorists, and Sabers still need to maintain their vigilance and be a hard target."

Identifying who is an active-duty member and who is not may be a little tougher with the new license plates, but Tech. Sgt. Theresa Lex, 52nd FW ground safety NCOIC, said it should not deter Sabers from reporting reckless behavior.

"If you see someone passing on the B-50 or driving erratically, make sure you get their license plate number and a full description of the vehicle and report it to security forces," she said. "If it's an American car, chances are it's an active-duty person driving it, but regardless, get their plate number and report it if you see a violation."

Driving a car displaying a German license plate garners stricter standards and enforcement by the German Police, Sergeant Bush said.

"People need to be aware of vehicle alterations that violate German law, such as tinted windows, loud exhaust pipes and mufflers, and the use of the 'USA' oval decal is no longer authorized," he added.

Upon reassignment outside of Germany, the German license plate must be turned in to the Spangdahlem AB pass and registration office for re-use by U.S. Forces.

"The plates will not be sold, kept as souvenirs or destroyed, and must be physically secured at all times," Sergeant Bush said. "They cannot be transferred to anyone except to another authorized member."

The change in the style of the local plates affects anyone who qualifies under the current U.S. Army Europe guidelines. For more information, visit <http://rmv.hqusareur.army.mil> or call the 52nd SFS pass and registration office at 452-6695.

*Speed, ice wreck week for Sabers*

## 52nd SFS recaps 2005's DUIs, crashes; urges motorists to stay alert, drive safe

By David A. Barker  
52nd Security Forces Squadron

Team Eifel ended 2005 with 30 known DUIs; one DUI determination is still pending. From Dec. 26 through Jan. 1, Team Eifel members were involved in six major wrecks, all of which resulted from driving at speeds too fast for conditions. Members were also involved in 11 minor wrecks throughout the week.

The first major crash happened on Spangdahlem Air Base. The driver was sleepy and speeding in the housing area. There were only minor injuries, but major auto damage in this multi-vehicle accident.

Major wreck two occurred on the L-2 between Orenhofen and Auw. None were injured in this accident in which the driver, who was driving at speeds too fast for conditions, lost control of the vehicle on an icy road and landed in a ditch. The accident resulted in major vehicle damage.

The third major crash occurred on the B-50 near Metterich and ended in major vehicle damage. This accident was due to driving at speeds too fast for snowy and icy conditions. The driver tried to stop after hitting the guard rail, but instead hit another vehicle. Another nearby vehicle was hit by auto parts flying out from the wreck. Injuries were noted.

Major wreck four occurred in Spangdahlem village. A driver tried to stop on an icy, snow-covered road, but ended up hitting an oncoming vehicle, totaling one car and damaging another. There were no noted injuries.

Major wreck number five occurred on A-60 when, during bad weather conditions, a vehicle hit a guard rail resulting in major vehicle damage. There were no noted injuries.

The last crash of the week involved a driver who, while exiting A-1 and entering A-60, lost control of the vehicle and hit the guard rail. There were no noted injuries, but major vehicle damage.

Team Eifel members were involved in eleven minor wrecks: five from driving at speeds too fast for conditions, three from inattentive driving, one from improper backing, one driver fled the scene and one involved wildlife.

The week of Dec. 5-25, Team Eifel members were involved in 16 major accidents, most of which resulted from driving at speeds too fast for conditions and inattentive driving.

### Driving tips

Road are commonly icy here throughout the winter. Drivers involved in accidents must report to base security forces as soon as they are able to following a vehicle wreck. Fleeing the scene of an accident is chargeable and carries a six month suspension for failing to report. From off-base Team Eifel members can dial 06565-61-6666. Law Enforcement Desk personnel can also help drivers contact other necessary agencies.

### Year-end statistics

Throughout 2005, Team Eifel members were involved in six percent fewer auto accidents than those since 2001. Most accidents have been the result of driving at speeds too fast for conditions or by inattentive driving.

DUIs are down by 36 percent from last year and 48 percent from the 52nd Fighter Wing's highest point. NCOs account for about 33 percent, followed by senior airmen at about 27 percent. Airmen first class count for 20 percent.

Col. Dave Goldfein.....Commander  
Capt. Thomas Crosson.....Public affairs chief  
Capt. Mike Cumberworth.....PA deputy  
Tech. Sgt. Pamela Anderson.....PA NCOIC  
Senior Airman Amaani Lyle.....Writer  
Senior Airman Eydie Sakura.....Editor  
Iris Reiff.....Leisure writer

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tographs unless otherwise indicated.

Accessing Direct Line

The Direct Line program is a  
way to get answers to questions  
you still have after using your  
chain of command.

Direct Lines of general interest  
will be published in the *Eifel  
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paraphrased for brevity or clarity.  
Submit your Direct Line via:

■ DirectLine@spangdahlem.  
af.mil

■ Mailed to 52nd FW/PA,  
Unit 3680 Box 220, APO AE  
09126

■ To PA in building 23.

■ Concerns may also be sent  
via fax to 452-5254.

Anonymous inputs are  
accepted. To receive a personal  
response you must include your  
name and phone number. Call the  
Eifel Times at 452-5244 for more  
information.



Col. Dave Goldfein

January  
Sortie  
Scoreboard

Aircraft	Goal	Flown	Delta
22FS	258	31	+7
23FS	290	28	+7
81FS	254	12	+3

\*Delta is contract vs. sorties flown to date.

Through Jan. 4

Courtesy of the  
52nd Operations Support Squadron  
Plans and Scheduling Section

# Viewpoint

Jan. 6, 2006

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## Pride in Service

# Step up: first sergeant discusses confronting Air Force challenges

By Master Sgt. Michael Rogers  
52nd Medical Group first sergeant

When the Chief came into my office and said, “Hey Sarge, the First Shirt got deployed over the weekend, and I need you to step up and fill in as the first sergeant until he comes back.” The first thoughts to enter my head were all the reasons I couldn’t do it:

“I haven’t had any training, not even weekend shirt duty.”

“I have a vacation planned in a couple of weeks.”

“They need me here in the section, we’re extremely short manned.”

Then I remembered the exact wording of the Chief’s request “I need you to step up.” “Step up” not, “Here’s an easy task that won’t be a challenge ...” and it occurred to me that’s really what we do in the Air Force, we step up.

From the day we walk into the recruiter’s office, our careers are a long series of challenges we must continually step up to, accept and overcome. We must go on to reach the next challenge.

Stepping off the bus at Lackland Air Force Base to meet your Military Training Instructor;

studying test blocks or training evaluations at technical school; earning your 5- and 7-levels; and preparing for each promotion is just one test after the next to help prepare us to do what we do. As we overcome these challenges, we become able to handle it the next time we have to step up.

About a week afer the Chief came into my office, I was attending the Veterans Day ceremony at the Hamm Cemetery in Luxembourg, when the true meaning of “stepping up” hit me like a punch in the gut.

As I looked out on those thousands of crosses -- crosses beneath which lie the remains of soldiers, most of them just boys, who really stepped up.

They left their homes and families to be shipped halfway around the world and fight their way into Europe, enduring hardships and witnessing horrors no one should have to endure, much less 17- and 18-year-old boys.

To die in the mud in a country most of them had probably never heard of, they did this because they believed in the cause. They did this because their country asked them to step up.

In the face of their sacrifice, I felt ashamed of

my own thoughts when challenged with shirt duties. “These boys gave up everything and paid the ultimate price. They did what was right, and you were getting worked up over a few months of first sergeant duty,” I thought.

So, in the last few weeks I’ve stepped up. I got with an experienced First Sergeant who has given me help to learn the ins and outs of being a shirt; I’ve done quite a bit of reading and a lot of on the job training; and I’m actually getting the hang of it.

Each day gets a little better because of the knowledge and tools earned by stepping up to the previous day’s challenges.

So, the next time you are confronted with a challenge, a new job, a difficult troop, or an unexpected deployment, remember there are two ways you can go about it. You can cry and complain until everyone around you is sick of it and offers you a tissue, or you can do what is every Airman’s true duty. You can step up.

Finally, remember the words of a great man who happens to share the view of those thousands at Hamm Cemetery:

“Accept the challenges so that you can feel the exhilaration of victory.” -- George S. Patton

## Project SMART

# Wing’s safety office offers defensive driving course; Airman learns to handle spin outs in bad weather

By Senior Airman Eydie Sakura  
52nd Fighter Wing Public Affairs Office

I had no idea spinning donuts in my BMW could be so fun! I know what you’re thinking, and I did not get into an accident or spin out on an icy road. I attended the free ADAC defensive driving course offered to all Sabers through the wing’s safety office.

The class offers drivers a chance to skid, slide and weave their way through a course designed to teach people how to handle their car when dealing with spin outs and fast braking situations.

Although I grew up in a snowy, cold environment in Minnesota, driving in the Eifel region has no comparisons. The narrow, winding roads with no shoulders and the changing weather conditions make for “interesting” driving no matter where you come from in the states.

People should have winter tires on their cars by the first frost of the season. They should also take extra time to completely wipe free their vehicle of snow and ice. If someone is driving along and they have snow on the hood of their car, the snow could fly off and hit the car behind them, causing an accident. It may take extra time in the morning to properly wipe down the vehicle, but simple tasks like these may save a life in the end.

Being the fastest, fittest or strongest Airman

**That’s roughly 60 percent of the major accidents involving my peers, with most caused by speed too fast for conditions or inattentive driving; both preventable situations.**

means nothing if you’re not the smartest when it comes to winter driving. Sabers need to recognize environmental dangers early enough to prevent serious injuries or accidents by learning how to be smarter motorists.

As a first-term Airman, I’ve realized that safety is first and foremost in the minds of our supervisors, first sergeants and commanders. Even though we are inundated with safety reminders, their purpose is to keep us alive and well.

For many young Airmen, it’s their first time living overseas, and for some of them it’s their first time living in a cold climate. As the temperatures continue to drop, the possibility of “black ice,” or icy patches on the road, is definitely more and more prevalent.

Of the 190 major accidents reported to the 52nd Security Forces Squadron in 2005, 51 of those accidents involved senior airmen; 32 involved airmen first class; and 30 involved staff and technical

sergeants. That’s roughly 60 percent of the major accidents involving my peers, with most caused by speed too fast for conditions or inattentive driving; both preventable situations.

It’s really not that difficult to lay off the gas pedal and allow an additional 5-10 minutes to get to your destination. Being aware of road and weather conditions is every Airman’s responsibility before leaving their home, and they should check the status before they leave. These road conditions and color code definitions are below:

♦ **Green:** Normal operations

♦ **Amber:** Road conditions are hazardous. Exercise caution due to slush, snow, ice patches or decreased visibility

♦ **Red:** Road conditions are extremely hazardous. Drive only if you must and exercise extreme caution -- government vehicles should not be operated unless necessary for mission requirements

♦ **Black:** Driving cannot be conducted safely and vehicles should only be operation in extreme life-threatening emergencies

To learn more about winter driving tips and the free ADAC defensive driving course, call the wing safety office at 452-6543 or contact your unit ground safety manager.





## Community Mailbox

Submit "Community Mailbox" advertisements 10 days before the desired publication date to [publicity@spangdahlem.af.mil](mailto:publicity@spangdahlem.af.mil).



### BMS news

- ♦ Reading Raptors meet Tuesday in Room 515. Call Julia Hamer at 452-9310 for information about the club.
- ♦ Parents are invited to cheer for students participating in the Bitburg Middle School spelling bee Jan. 18 at 8:20 a.m. in Room 502. Call Mary Micallief at 452-9310 for more information.

### FCC winter fest

The Family Child Care Winter Fest takes place Jan. 20 from 9:30 a.m. to 1 p.m. in building 1012. Activities include face painting, games and goodie bags.

### American Red Cross

For more information about the following American Red Cross activities, call the local branch office at 452-9440.

- ♦ The ARC seeks volunteers for the Tax Claim Office in service from January through June. Duties include answering phones, scheduling appointments and other customer desk services. Internal Revenue Service training takes place Monday through Jan. 14. People interested in volunteering must be able to get access to the installation computer system to process claims.
- ♦ A first aid and safety course takes place Jan. 21 from 8 a.m. to 5 p.m. Cost is \$25, which is due Jan. 20. The course offers students first aid and CPR instruction for adults, children and infants.
- ♦ Donations of comfort items for deployed troops are accepted Saturday through Jan. 22 at base exchanges and commissaries. Items include, but are not limited to, soaps, hair care products, powders, lotions and moist wipes.
- ♦ A shelter operations class takes place in January. This free class is the third in a series of introductory disaster courses, which are designed to train members to assist or support the civil engineer squadron and medical support squadron in the event of emergencies.

### SMS news

Spangdahlem Middle School seeks wing members to share information about their occupations with seventh



Senior Airman Amaani Lyle

### Toy extravaganza

Master Sgt. Robert Speigner, acting 726th Air Mobility Squadron first sergeant, loads a portion of about \$9,000 worth of toys onto a truck for Operation Angel Tree Dec. 12. Master Sgt. Robert Hughes, 52nd Logistics Readiness Squadron (not shown), coordinated this year's event, designed to provide toys and games to 52nd Fighter Wing children.

and eighth graders Feb. 3 from 1:15 to 2:30 p.m. E-mail [sennie.smith@eu.dodea.edu](mailto:sennie.smith@eu.dodea.edu) or call 452-7276 for details.

### BHS news

Bitburg High School seeks tutors in all subjects during school hours and after hours. E-mail [fran.laakman@eu.dodea.edu](mailto:fran.laakman@eu.dodea.edu) or call Sharon Krol at 06565-619202 for more information.

### Family fun night

Club Eifel's Family Fun Night takes place Jan. 19 from 5-8 p.m. Parents can enjoy a full buffet and children can feast on a special children's buffet. Children can enjoy the bouncy castle, laser light show and more. The cost is \$6.95 for adult members and \$3.95 for children, ages 6-12. Reservations are not required. Call Club Eifel at 452-6090 or 452-6588 for more information.

### Cake decorating class

Learn how to make a culinary masterpiece with the Arts and Crafts Center's cake decorating class Jan. 25 from 6-9 p.m. The class takes place in Spangdahlem AB, building 189. Call 452-6841 to sign up or for details.

### Brick House news

Call Kim McElfresh at 452-7381 for details on the following activities.

- ♦ Tasty Tuesdays take place through January from 6-8 p.m. The event features homemade meals and random tournaments for \$6 per person.
- ♦ SWAT every Wednesday in January at 5 p.m. by teaming up with squadron members and participating in various tournaments. The team with the most accrued points wins the "traveling trophy" and bragging rights.
- ♦ The Brick House is open extended hours Saturday and Sunday, and Jan. 14-15 for Super Bowl playoff viewing.
- ♦ Bingo games for crystal prizes take place Saturday from 11 a.m. to 3 p.m.
- ♦ Girls Day Out, featuring facials, massages and more, takes place Jan. 14 from 11 a.m. to 3 p.m.
- ♦ Chess players ages six and older meet each first and third Saturday of the month in the Brick House.
- ♦ A Pool Shark tournament takes place Jan. 28 from 11 a.m. to 3 p.m. The winner goes on to play at the RAF Lakenheath tourney.

### SSEMC Poland trip

The Spangdahlem Spouses and Enlisted members Club-sponsored express Polish pottery shopping trip takes place March 17-19. Call Kristy Turner at 06561-946227 or e-mail [trips@sssemc.org](mailto:trips@sssemc.org) for more information.

### Pet wash

The Pet Spa pet wash station has tools, shampoo and drying equipment for pet owners to groom their pets. Staff members are available to answer questions. Cost is \$5 per pet. Call 452-9362 for information.

## Chapel Services

### Spangdahlem AB

#### Catholic Mass

- ♦ Saturday, 5 p.m.
- ♦ Sunday, 8:30 a.m.
- ♦ Sunday, religious education, 9:45 a.m. (Building 139)
- ♦ Monday - Thursday, 11:45 a.m.

#### Protestant

- ♦ Sunday, 10:30 a.m., traditional service
- ♦ Sunday, 1 p.m., Korean service
- ♦ Sunday, 5 p.m., Sunday Night Live service

### Bitburg Annex

#### Catholic Mass

- ♦ Sunday, 11:30 a.m.
- ♦ Monday, 8:30 a.m.

#### Protestant

- ♦ Sunday, 8:15 a.m., liturgical; 9:30 a.m., Contemporary; 1 p.m., Gospel Service

For more information about Jewish, Islamic, Rite of Christian Initiation for Adults or other faith needs, call the chapel at 452-6711/6281.

## What's happening at Club Eifel?



## THURSDAY, JANUARY 19TH FAMILY FUN NIGHT

Thursday, January 19

### Family Fun Night - Club Members only

5-8 p.m. The DJ will be playing great tunes for the kids so they can dance and have a ball. We will also have the Kiddie Laser Light Show in the ballroom and of course, a bouncy castle.

Adult buffet: garden green salad, lemon pepper baked chicken, slow roasted beef with gravy, roasted new potatoes, wild rice, vegetable medley, rolls & butter and beverage.

Kid buffet: dinosaur chicken nuggets, zany french fries, batter-up corn dogs, Tom Terrific tater tots, curly cue macaroni & cheese, roatin' tootin' fruity Jell-o, swirled chocolate and vanilla pudding and big bad brownies.

Members only: Adults \$6.95, Children (6-12) \$3.95  
Children 5 and under eat FREE!

## Champagne Sunday Brunch

Sunday, January 8th

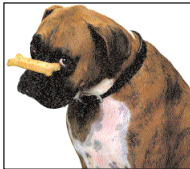
Reservations requested, 1st Seating 10:30 a.m.-12:30 p.m./2nd Seating 1:00-2:30 p.m.

### Buffet includes:

Crab legs • peel n' eat shrimp • warm pancakes • buttermilk biscuits • southern grits • savory grilled home fries • sausage • crispy bacon • scrambled eggs • golden honey fried chicken • steamed buttery vegetables • roasted new potatoes • rice pilaf • full salad bar • omelet bar • Belgian waffles with toppings galore • carved honey cured ham • steamship round of beef • assorted breads and cheese • assorted mouth-watering desserts • and of course, champagne!



\$14.95 Members  
Member Kids (ages 6-12) \$6  
Kids 0-5 FREE!  
\$16.95 Nonmembers  
Nonmember Kids (ages 6-12) \$7.50



## Der Markt

### Free classifieds policy and submission deadlines

Der Markt is for the personal resale of items by military and civilian employees and their families. Items such as advertisements for rental property won't be published due to funded paper restraints. Ads should be 35 words or less and customers are limited to no more than two ads per week. Ads must be typed or printed legibly and turned into the public affairs office, building 23, at least 10 days before the desired date of publication. Ads can also be e-mailed to [publicity@spangdahlem.af.mil](mailto:publicity@spangdahlem.af.mil) or sent via fax to 452-5254. Having ads in by deadline does not guarantee publication. Ads for services generating regular income will not be published. The ads must include the sponsor's name and telephone number. Ads not meeting these requirements, including those exceeding the designated word limits, will not be printed. The Eifel Times staff reserves the right to edit ads.



## Movies

The following movie listings are for today through Jan. 12. Times and movies are subject to change. For more information, call 06565-61-9441 or 452-9441. For movie synopses, visit [www.aafes.com/ems/default.asp](http://www.aafes.com/ems/default.asp).

### Spangdahlem Skyline

Today

*Yours, Mine and Ours* (PG, 7 p.m.)

A widowed Coast Guard Admiral and a widowed handbag designer fall in love and marry, much to the dismay of her 10 and his eight children.

*Doom* (R, 9:30 p.m.)

Based on the hit computer game about Marines sent to investigate what went wrong on a space station, only to face an evil unlike any other.

Saturday

*The Fog* (PG-13, 7 p.m.)

A quiet seaside town is engulfed by a thick fog precisely one century after a boat sank just off the coast under mysterious circumstances.

*Doom* (9:30 p.m.)

Sunday

*Yours, Mine and Ours* (4 p.m.)

*North Country* (R, 7 p.m.)

The true story centered on Lori Jenson, who took a job at a Minnesota iron mine in 1975; she and other female miners endured harassment from male co-workers. Jenson eventually filed suit in 1984 and won a landmark legal decision.

Monday

*The Fog* (7 p.m.)

Tuesday

*Doom* (7 p.m.)

Closed Wednesday and Thursday

### Bitburg Castle

Today

*Harry Potter and the Goblet of Fire* (PG-13, 7 p.m.)

Harry finds himself selected as an under-aged competitor in a dangerous multi-wizard school competition.

*Walk the Line* (PG-13, 9:30 p.m.)

A chronicle of country music legend Johnny Cash's life, from his early days on an Arkansas cotton farm to his rise to fame with Sun Records in Memphis.

*In Her Shoes* (PG-13, Midnight)

Maggie, the consummate party girl, clashes with her head-on-straight sister, Rose.

Saturday

*Harry Potter and the Goblet of Fire* (1 p.m.)

*Fighter Pilot: Operation Red Flag* (G, 4 p.m.)

The film follows the story of a pilot from the 366th Fighter Wing at Mountain Home Air Force Base who goes to the Red Flag exercise at Nellis Air Force Base for the first time.

*The Gospel* (PG, 5 p.m.)

This is a story about a successful young R&B singer who has an unlikely homecoming when his father, the bishop, becomes ill.

*Harry Potter and the Goblet of Fire* (7 p.m.)

*Elizabethtown* (PG-13, 10 p.m.)

During an outrageous memorial for a Southern patriarch, an unexpected romance blooms.

Sunday

*Fighter Pilot: Operation Red Flag* (3 p.m.)

*Harry Potter and the Goblet of Fire* (4 p.m.)

*Walk the Line* (7 p.m.)

Closed Monday and Tuesday

Wednesday

*Harry Potter and the Goblet of Fire* (4 p.m.)

*The Gospel* (7 p.m.)

Thursday

*Walk the Line* (4 p.m.), *In Her Shoes* (7 p.m.)

## Three Magi singers visit Eifel residents

# Heilige Drei Koenige celebrations mark end of Christmas season

Story and photo by Iris Reiff  
52nd Fighter Wing Public Affairs Office

Each year, Americans wonder why three children travel door-to-door in German towns and villages the first week of January.

The tradition is the Feast of the Three Magi, or "Heilige Drei Koenige." The event commemorates the journey of the three wise men who offered gifts to the baby Jesus in Bethlehem.

In the ninth century, the legend of the Three Magi became the legend of the oriental kings, named Caspar, Melchior and Balthasar. In 1164, relics alleged to be derived from the Magi, were brought to the Shrine of the Three Kings in the Cologne cathedral. To this day, "Dreikoenigsschrein" remains the greatest treasure of this famous church. The relics were sought out by innumerable pilgrims during the Middle Ages, motivating the citizens of Cologne to build their great Dom cathedral.

The custom of celebrating "Three Kings Day" spread from Cologne to other German Roman-Catholic areas. For the church, today is the feast of Epiphany,



Local German children dressed as the Three Magi, or "Star Singers," visit a home, offering the gifts of song and poetry.

celebrating the manifestation of the Savior to mankind. For the Catholic population; however, it's primarily the feast of the Three Kings.

In some rural areas, a number of customs are practiced tonight to protect the house from evil spirits. Branches conse-

crated by the church were burned in houses and stables and the initials of the Three Kings, C+M+B, and the year were written on the door beam with consecrated chalk. The practice of writing on the door beam continues today.

Groups of people walk from house to house dressed as the Three Holy Kings. They carry a star-shaped lantern on a stick. Because the group carries a star and sings or recite a religious poem at people's doors, they are also called the star singers. In return for their gift of song or poetry, the star singers get gifts such as eggs, bread, cake or money donations, which go toward humanitarian aid.

The Feast of the Three Magi signifies the end of the Christmas season in Germany. On this day, people begin taking down their trees and other Christmas decorations.

## German holidays for 2006

- ♦ April 14, Good Friday
- ♦ April 16, Easter Sunday
- ♦ April 17, Easter Monday
- ♦ May 1, Labor Day
- ♦ May 25, Ascension Day
- ♦ June 4, Whitsunday
- ♦ June 5, Whitmonday
- ♦ June 15, Corpus Christi Day
- ♦ Oct. 3, German Unity Day
- ♦ Nov. 1, All Saints Day
- ♦ Dec. 25, First Christmas Holiday
- ♦ Dec. 26, Second Christmas Holiday
- ♦ Jan. 1, New Year's Day

## Out and About

For tickets, call the TV-Ticket-Hotline at 0651-7199-996 or visit the Bitburg TV office, located on Hauptstrasse 39a, unless specified otherwise.

♦ Shop at flea markets **Sunday** inside and outside the Kroev Weinbrunnen hall; in front of the Schweich Edeka E center store; and at the Trier Messepark grounds.

♦ Trier sponsors a monthly sales market **today** from 9 a.m. to 6 p.m. in the center of town.

♦ Listen to a New Year's concert by the Wittlich Horn Blowing Orchestra **Saturday** at 8 p.m. at the Wittlich Lindenhof. To get to the hotel, take the Autobahn to Wittlich and take the Dreis exit. Turn left toward Wittlich and go until you see the hotel Lindenhof sitting on a hill to your right hand side. You must turn left and then right to get to the hotel.

♦ Plan to attend the Coyote Ugly Party **Jan. 13** at the Trier Arena. Entry is free, however, there is a 8 euro bev-

erage surcharge. This is a popular event among the younger generations.

♦ Reserve your ticket soon to Swinging Legends, a concert by Max Greger, Paul Kuh and hugo Strasser. On schedule are evergreen tunes by the Glenn Miller Orchestra, such as "In the Mood" and "Moonlight Serenade;" world famous hits by Louis Armstrong, Duke Ellington and Count Basie. The event takes place at the Trier arena **May 7**.

♦ Shop at a sales market **Jan. 13** at 8 a.m. in front of the Bitburg Beda House cultural center. The market offers food, household items, fabrics, clothes and more.

♦ A Spanish Night, featuring Spanish songs will take place **Jan. 14** at 8 p.m. at the Wittlich Synagogue, located on Himmerodstrasse.

♦ A jazz concert by the Bobo Stenson Trio takes place **Jan. 21** at 8:30 p.m. at the Wittlich Hotel Lindenhof. To get to the hotel, take the Autobahn to Wittlich and take the

Dreis exit. Turn left toward Wittlich and go until you see the hotel Lindenhof sitting on a hill to your right hand side. You must turn left and then right to get to the hotel.

♦ Enjoy listening to Baroque music and international folk music by the La Vola youth ensemble from Basel, Switzerland, **Jan. 21** at 8 p.m. at the Wittlich Synagogue, located on Himmerodstrasse.

Register for the following trips at the Information, Tickets and Travel Office located in the community center. Call 452-6567 to register.

- ♦ Switzerland Express, **Jan. 14**
- ♦ Polish Pottery Shopping and Auschwitz, one overnight, **Jan. 13-15**
- ♦ Black Forest Express, **Jan. 21**
- ♦ Neuss Indoor Skiing, **Jan. 21**
- ♦ Payless tour to Munich, **Jan. 21**
- ♦ London Express, **Jan. 27-28**
- ♦ Nurnberg and Dachau Express, **Jan. 28**
- ♦ Cochem Medieval Dinner, **Jan. 28**



## Sports Briefs

### USAFE ice hockey tourney

The 2006 USAFE Ice Hockey Championships are scheduled for Feb. 5-10 in Garmisch-Partenkirchen, Germany, at the Olympia-Eissport-Zentrum. Teams wishing to participate in the games must register via telephone or e-mail no later than Wednesday and submit a roster by Jan. 27. Teams may bring 18 players and two staff members. For details, call Tech. Sgt. Patrick Bennett at 495-7934 or e-mail him at [patrick.bennett@sembach.af.mil](mailto:patrick.bennett@sembach.af.mil).

### Rugby players wanted

The Trier/Spangdahlem Men's and Women's Rugby Club needs motivated people to play rugby. No experience is required as team members will teach the game at training. Training takes place Tuesdays and Thursdays from 8:30-10:30 p.m. in Trier. For details, call Senior Airman Raymond Pantaleo at 01714-158532, e-mail him on the global, or visit the team's Web site at [www.rugby-trier.de](http://www.rugby-trier.de).

### Bench press competition

Take part in a bench press competition Jan 14 from 8 a.m. to 2 p.m. at Sullivan Gym at Mannheim Army Post. The competition is open to all male and female adult ID cardholders. Trophies and medals will be awarded, and participants receive a T-shirt. The cost is \$10 to enter. For more information, call Mannheim's Sullivan Gym at 385-2001 or visit [www.mwrgermany.com](http://www.mwrgermany.com).

### Youth wrestling registration

Registration for youth wrestling takes place now through Jan. 20 at the Spangdahlem AB Youth Center and Bitburg Annex Teen Center. The season begins Jan. 30 and ends April 8. The sport is open to all male and female children ages 5-15. An informational meeting for parents takes place from 5-6 p.m. Jan. 27 at the Bitburg Annex Teen Center. For details, call Randall Greenfield at 452-7545.

### Ski indoors with ITT

Enjoy skiing indoors at the indoor ski resort in Neuss Jan. 21. The resort features a downhill slope 60 meters wide and 300 meters long, a fun park for snowboards and a bobsledding course. The bus leaves Spangdahlem AB at 8:30 a.m. and returns at 8 p.m. For details, call Information, Tickets and Travel office at 452-6567.

### Tai Chi

Tai Chi classes take place each Monday and Wednesday from noon to 1 p.m. in the Health and Wellness Center, Building 131, and each Tuesday and Thursday from 6-7:30 p.m. in the Bitburg Annex gym, Building 2013.

### Fitness advisory council meeting

The quarterly Fitness Sports and Advisory Council meeting takes place Jan. 25 at 3 p.m. in the Skelton Memorial Fitness Center conference room. For more information, call Mark Warner at 452-6634.

### Women's volleyball tournament

Ramstein Air Base's men's volleyball team hosts a women's volleyball tournament Jan. 28-29 at the Vogelweh fitness center. Deadline to register is Jan. 15 and the cost is \$150 per team. For more information, send an e-mail to [dan.mitchell@ramstein.af.mil](mailto:dan.mitchell@ramstein.af.mil) or [joseph.perez@ramstein.af.mil](mailto:joseph.perez@ramstein.af.mil).

### November's fitness aces

#### 52nd Logistics Readiness Squadron

Airman 1st Class **Richard Fowler**, 100; Airman **Mark Edwards**, 100; Airmen **Aleksandr Dromov**, 93.75; **Ricardo Selby**, 92; and **Joseph Sultana**, 90.75

#### 52nd Equipment Maintenance Squadron

Senior Airman **Justin Dunnihoo**, 100; Airman 1st Class **Aaron Voigt**, 100; Senior Airmen **Nicholas Kalashian**, 91.25; and **Matthew Blank**, 90.25

# HAWC advises lifestyle changes rather than resolutions for new year

Staff reports

Do New Year's resolutions really do any good?

It depends on what they are and whether people can keep them. People can make resolutions about specific behavior changes that will help them reach their goals.

The first two Dietary Guidelines for Americans are, "Aim for a healthy weight" and "Be physically active each day." These messages are key points in the American Institute for Cancer Research, or AICR, guidelines.

These goals are included in dietary guidelines because more than half of U.S. adults are now at unhealthy weights that put them at risk of cancer, heart disease, diabetes and high blood pressure.

The federal guideline's use of "aim" means people should not plan to achieve the goal overnight; rather change behaviors gradually over time. To "maintain" a healthy weight is not to drop weight on a fad diet and regain it. People need to permanently change their eating and lifestyle habits to reach and stay at a healthy weight.

AICR emphasizes the importance of portion sizes appropriate to their body's needs. That means considering a resolution to avoid super-sized portions. AICR's "New American Plate" approach to eating emphasizes that besides portion control, healthy eating also means a balanced, mostly plant-based diet in which whole grains, vegetables and fruits make up at least two-thirds of our plates and animal protein no more than one-third.

A recent report in the American Journal of Clinical Nutrition emphasizes that eating only low-fat foods is not the key to weight control; balanced eating, with plenty of high-fiber foods, is also important.

Both sets of dietary guidelines talk about the importance of being active every day. AICR encourages an hour of moderate activity each day and an hour of vigorous activity sometime each week.

People can make these goals achievable by breaking up active time into 10- or 15-minute blocks at lunchtime and before and after work. Or make activity a fun part of the day by setting walking goals using a pedometer, or finding co-

workers who enjoy a sport or activity they can share.

Both sets of guidelines also emphasize making whole grains, vegetables and fruits the main focus of our meals. Eating plenty of fruits and vegetables is not just important for weight control.

Meeting the minimum goal of five servings a day could lower cancer risk up to 20 percent, and provides other health benefits, too. Consider a resolution to include a fruit or vegetable at lunch each day, or to have fruit for a snack or dessert at least once daily. Change the proportion of the main course. One tactic is to prepare combination dishes, like stews and stir-fry, with less meat and more vegetables. Try switching from refined breads or cereals to whole-grain products.

Moderation in alcohol is part of both guidelines. This means a daily allowance of no more than one drink for women, and no more than two for men. Perhaps the best start might be a resolution to stop taking good health for granted.

The Spangdahlem Air Base Health and Wellness Center offers classes for people who want to improve their eating habits and prevent weight gain. These classes include:

- ♦ **Better nutrition:** A HAWC diet expert teaches people how to eat a healthy diet. This two-hour course gives people the knowledge they need to get started.

- ♦ **Cholesterol Management:** This class is designed to educate people on cholesterol levels. It consists of a nutrition discussion focusing on decreasing dietary saturated fat and cholesterol. A fitness briefing is included to help with aerobic exercise, strength training and flexibility.

- ♦ **LEARN - Lifestyle Exercise, Attitudes, Relationships, and Nutrition:** A 16-session lifestyle change program that covers the nutritional, exercise and behavioral health aspects of weight management. Classes are Wednesdays from 5-6:30 p.m.

To enroll in one of the HAWC classes or for details, call 452-7385.

*(Reprinted with permission from the American Institute for Cancer Research)*



Climb every mountain ...

David Niebergall

Staff Sgt. Max Pontenila, 52nd Services Squadron fitness specialist and certified personal trainer, scales the newly reopened rock climbing wall at the Skelton Memorial Fitness Center Dec. 30. For people to use the climbing wall, they must be certified and have a climbing buddy. For details, call the fitness center at 452-6634.

## Congratulations ...

to the following winners of the Project Cheer 3 on 3 Basketball tournament held Jan. 1 at the Skelton Memorial Fitness Center.

### 3 on 3 overall champions:

**DJ Coburn**  
**Evin Beck**  
**Kurt Jackson**

### Free throw champion:

**DJ Coburn**

### Three point champion:

**DJ Coburn**

### Coast to Coast champion:

**Nathan Chance**

## Scoreboard

The following is a list of scores for games played Jan 3.

### Intramural basketball

52 CMS	43	52 MDG	39
52 OSS	60	726 AMS	43
52 EMS	59	52 CPTS	20
606 ACS	49	52 CS	47